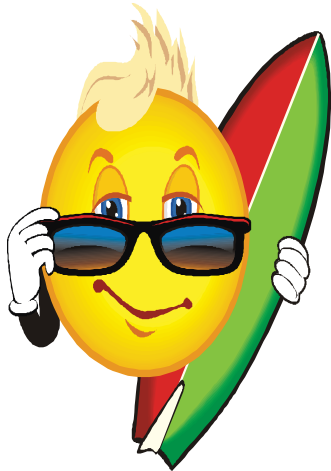


COA VISION

Summer 2010

**Columbus
Ophthalmology
Associates**



What is Dry Eye Syndrome?

Dry eye syndrome is among the most common eye conditions in the United States. In healthy eyes, a thin layer of tears coats the outside surface of the eye, keeping it moist and washing away bits of debris that might fall into the eyes.

Dry eye syndrome occurs when people do not produce enough tears to keep the surface of the eye moist and clean. People with dry eyes often experience dryness, stickiness, stinging or burning of their eyes. The eyes are often red and irritated. The eyes may water excessively in an effort to soothe the irritation, but these reflex tears are usually not adequate to fix the problem. Dry eyes make it difficult to wear contact lenses and can reduce the vision due to break-down of the corneal surface. The tear film normally decreases with age and this is especially common in women after menopause. Certain medications, such as decongestants, tranquilizers, drugs used for high blood pressure and antihistamines can further disrupt the tear layer. Some medical conditions such as arthritis and thyroid disorders also increase the likelihood of dry eyes.

Treatment

Artificial tears are the first line of therapy for dry eye syndrome. These are available without a prescription at your local pharmacy.

Restasis® is a prescription medication taken twice a day in a drop that has been proven to treat moderate to severe dry eye syndrome. Restasis® helps by reducing the inflammation and by helping to increase tear production. This allows the surface of the eye to return to a normal state and reduce the symptoms of itchiness, dryness, blurred vision and sensitivity to light.

As dry eye sufferers often experience heightened sensitivity in the wind, protective eye wear can also be helpful to improve symptoms.

Wrap-around sunglasses can help keep moisture in and the wind and irritants out of the eye. These can be purchased in our Optical Shoppe at our Dublin Facility.

Optical Shoppe

We offer complimentary adjustments & cleanings on your glasses!

www.coavision.com

GLAUCOMA

Glaucoma is a serious, lifelong eye disease that can lead to vision loss if not controlled. It is an eye disease that gradually steals your vision. Often glaucoma has no symptoms and without proper treatment, glaucoma can lead to blindness. Treatment cannot reverse damage that has already occurred, but it can prevent further vision loss..

Who's has a higher risk for glaucoma?

- People with a family history of glaucoma
- People with abnormally high intraocular pressure
- People who have diabetes, nearsightedness, long term steroid/cortisone use, previous eye injury, extremely high or low blood pressure
- People of African-American, Hispanic, or Asian-American descent

We strongly recommend those at risk, should have a complete eye exam by an ophthalmologist at least every one to two years. Although glaucoma cannot be cured, early detection and treatment can usually preserve vision.



Summer Vacation Is Perfect Time For An Annual Eye Exam For Your Child

What does your child say?

- 1.) I can't see well. Everything looks blurry. I see double.
- 2.) After reading, if your child says I have headache or feel dizzy.
- 3.) Your child says my eyes are itchy, scratchy or feel burning.

How does your child act?

- Things are blurry or hard to see
- Squints eyes or frowns
- Rubs eyes a lot
- Closes or covers one eye
- Tilts head or thrusts head forward
- Has trouble reading or doing other close up work, or holds objects close to eyes to see
- Blinks more than usual or seems cranky when doing close-up work



What do your child's eyes look like?

- 1.) Eyes are watery or red (inflamed)
- 2.) Eyelids are red-rimmed, crusted or swollen
- 3.) Eyes do not line up, one eye appears crossed or looks out.

If one or more of these signs appear, it is important to schedule an appointment with an eye doctor!

BOTOX

Botox Injections can help improve the appearance of worry lines, frown lines, laugh lines and crows feet by creating a smoother more vibrant appearance. Botox works by relaxing the muscles that cause those lines of facial expression, and the results can last for months at a time. In addition, Botox can be used to treat blepharospasms or twitching of the eyelids. Schedule your botox consultation with Dr. Beckman and discuss how Botox can improve your appearance by reducing the unwanted facial lines.

Services Offered At Columbus Ophthalmology Associates

- Cataract Surgery - Crystalens[®], ReSTOR[®], AcrySof[®] Toric IOL
- Glaucoma Treatment & Surgery
- Diabetic Retinopathy
- Pediatric Ophthalmology
- Optical Center (Dublin)
- Treatment of Dry Eye Syndrome
- Corneal Transplant
- Eye Exams
- Botox Injections
- Corneal Refractive Therapy